

CATHERINE LOMBARDO

Catherine Lombardo, is a 28 year old Pharmaceutical Representative from Farmingdale, NY who has 12 years of weightlifting experience, with 3 years of competitive experience—one as in fitness and two as a bodybuilder.

Training Philosophy:

Since I started weightlifting, I always concentrated on form. I feel it is the staple of all workouts. I also always try to increase weights and make gains without sacrificing my form. Weightlifting defines the type of person I am and working hard and smart is the structure of my life. Training with intensity is key.



Influences:

Without a doubt the one and only influence on my training has been Michael Lipowski. He's been there from day one (12 yrs ago) teaching me the proper way of lifting and the logic behind what he does. He's guided me in every aspect of my lifting career and has been a huge help in the realm of nutrition. He also happens to be my big brother

Training:

I have been utilizing High Intensity Training, for a couple of years and have consistently made gains. I typically like to train heavy (with short TUT) but prior to

competitions I add more reps to my sets because it better maximizes my muscles appearance.



Current Training Regimen:

Day 1: Chest and triceps; 1-2 sets to failure on 3 or 4 exercises
Day 2: Shoulders; 1 set on 4 exercises. Abs; 3 exercises one set each
Day 3: Rest
Day 4: Legs; Squats 3sets (including a slow warm up set) 1 set of 6 other exercises
Day 5: Back and Biceps; 1-2 sets to failure on 4 back exercises and 3 bicep exercises.

Nutrition:

The hardest part of competition prep for me is diet. I begin my Diet about 6 months prior to the date of the competition. Off season I am about 20lbs heavier (I admit that I am an emotional eater).

Currently [in contest prep mode] I'm taking in about 130-160gms of protein, 15-20gms of fat and 40gms of carbohydrates each day totaling approximately 840-940 calories.